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wherein at least one of said first and second electrodes comprises a uniformly thin and continuous platinum group metal having a uniform thickness of from about 50 Angstroms to about 1000 Angstroms, said platinum group metal formed in the presence of both oxygen and nitrous oxide at a predetermined ratio with a combined flow rate in the range of from about 1500 sccm to about 2500 sccm.

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41. (four times amended) A capacitor comprising:

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a first electrode and a second electrode, wherein at least one of said first and second electrodes is formed of a material selected from the group consisting of Ru, Rh, Pd, Os, Ir and Pt;

a dielectric provided between said electrodes; and

wherein at least one of said first and second electrodes comprises a uniformly thin and continuous platinum group metal having a uniform thickness of from about 500 Angstroms to about 700 Angstroms, said platinum group metal formed by depositing platinum in a CVD deposition chamber in the presence of both oxygen and nitrous oxide at a predetermined temperature and at a pressure of from about 10 to about 1000 Torr.

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